



PATIENT INSTRUCTIONS

VANILLYMANDELIC ACID (VMA) TEST

The following instructions are intended to help you collect the correct specimen for the test your clinician has requested.

This test typically requires a 24-hour urine specimen. Please obtain the Collection of 24-Hour Urine Specimen Patient Instructions for collection of this type of urine. **DO NOT** remove the liquid preservative that is in the container. Note any warnings or instructions which are printed on the outside of the container.

NOTE: It is important that you avoid strenuous exercise prior to collection.

DIET AND MEDICATION RESTRICTIONS FOR VMA:

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

The following foods and medications should be avoided for **three (3) days** prior to the collection of urine, and during the collection of the sample:

Foods to Avoid:

- Caffeine: coffee, tea, cocoa, chocolate, caffeinated beverages
- Amines: bananas, avocados, cheese, walnuts, alcohol, fruit and juices
- Vanilla

Medication to Avoid:

There are certain medications that should be avoided before and during collection.

Contact your physician for approval before discontinuing any prescription medication.

Be sure to discuss all non-prescription medications with your physician.

- Salicylate (Aspirin)
- Acetaminophen (Tylenol)
- Ajmaline
- Epinephrine
- Glucagon
- Guanethidine
- Histamine
- Levodopa
- Lithium
- Nitroglycerin
- Rauwolfia Alkaloids

After the specimen is collected, you may resume your normal diet.

Effective: 31-May-10	Doc# 11889	Ver: 1.0	Page 1 of 1
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